WHAT IS CLAIMED IS:

1. A runner for a motor vehicle seat, said runner comprising firstly first and second rails mounted to slide relative to each other in a longitudinal direction, and secondly a locking mechanism for preventing said first and second rails from moving relative to each other, the locking mechanism comprising:

a longitudinal succession of catches carried by the first rail;

a main latch which is provided with a series of teeth and which is connected to the second rail, said main latch being mounted substantially to pivot about a first pivot axis between a locked position in which the series of teeth co-operates with the catches on the first rail so as to prevent the first and second rails from moving relative to each other, and an unlocked position in which the series of teeth does not co-operate with the catches on the first rail so as to enable the first and second rails to move longitudinally relative to each other; and

control means comprising a control member that can be moved between a locking position and an unlocking position so as to cause the main latch to pivot from the locked position towards the unlocked position;

wherein an additional latch is mounted substantially to pivot on the main latch about a second pivot axis, said additional latch being provided with at least a first series of teeth, and wherein the additional latch is interposed between the main latch and the control member so that, when said control member moves from the locking position to the unlocking position, firstly the additional catch is pivoted about the second pivot axis, and secondly the additional latch and the main latch are pivoted about the first pivot axis.

2. A runner according to claim 1, in which the first series of teeth on the additional latch is disposed

between the first pivot axis and the series of teeth on the main latch.

3. A runner according to claim 1, in which the control member bears against a portion of the additional latch situated between the first pivot axis and the second pivot axis so that firstly the additional latch is pivoted about the second pivot axis in a first pivot direction, and secondly the main latch and the additional latch are pivoted about the first pivot axis in a second pivot direction opposite to the first pivot direction.

4. A runner according to claim 1, in which the main latch is connected to the second rail via a flexible blade which includes a fixing portion secured to the second rail.

5. A runner according to claim 4, in which the main latch is extended by a projection which is provided with a recess, and the additional latch includes a coupling portion provided with a projecting member disposed in the recess in the main latch so as to form the second pivot axis, and a locking portion on which the first series of teeth is formed, said locking portion of the additional latch being connected to the flexible blade of the main latch via a spring which, when the control member is in the locking position, makes it possible for the first series of teeth on the additional latch to be engaged between the catches on the first rail.

6. A runner according to claim 5, in which the locking portion of the additional latch is substantially U-shaped, with a middle branch that extends the coupling portion in alignment therewith and that is disposed facing the flexible blade of the main latch, and with two side branches on which the teeth of the first series of teeth are formed.

7. A runner according to claim 1, in which the series of teeth on the main latch and the first series of teeth on the additional latch are substantially in alignment with each other when the additional latch and the main latch are in the locked position.

8. A runner according to claim 4, in which the additional latch includes firstly a coupling portion which is provided with an opening in which a rod is received with clearance, which rod is connected to the main latch so as to form the second pivot axis, and secondly a first locking portion on which the first series of teeth is provided.

9. A runner according to claim 8, in which the series of teeth on the main latch comprises two teeth disposed transversely on either side of the main latch, and the rod forming the second pivot axis is situated between the two teeth on the main latch, and in which the additional latch includes a second locking portion on which a second series of teeth is provided, the coupling portion of the additional latch being situated between the first and second locking portions.

10. A runner according to claim 9, in which each of the first and second locking portions of the additional latch is substantially U-shaped, with a middle branch that extends the coupling portion and side branches on which the teeth of the first and second series of teeth are provided respectively.